

SPRING & SUMMER 2007



Ballard Pool

1471 NW 67th • Seattle, WA. 98117 • Ph: (206) 684-4094

Spring hours of operation

Mon. - Thurs. 11 a.m. - 9:30 p.m.
Friday 11 a.m. - 8 p.m.
Sunday 10:30 a.m. - 7 p.m.

Summer hours of operation

Mon. - Thurs. 10 a.m. - 9:30 p.m.
Friday 11 a.m. - 8 p.m.
Sunday 10:30 a.m. - 7 p.m.

Holiday Closures

Monday, May 28 Memorial Day
Wednesday, July 4 Independence Day
Monday, September 3 Labor Day

Program registration

Spring registration begins March 14 at 7 a.m.
Summer registration begins April 16 at 1 p.m.

Program dates

April 2 - Sept. 3, 2007



Summer
Swim
Camps
please see p8

NEW!

REGISTER ONLINE - it's easy!
www.seattle.gov/parks

SPARC

General Information

Ballard Pool

1471 NW 67th

Seattle WA 98117

Phone: (206) 684-4094

Visit us online at www.seattle.gov/parks



Professional Staff

Jenette Budrow, Co-Coordinator

Angela Eddy, Co-Coordinator

Scott Ferry, Asst. Coordinator

Lenny Long, Pool Operator

Courtney Carvajal, Senior Lifeguard

Tiffany Jordan, Senior Lifeguard

Luke Williams, Senior Lifeguard

David Dawson, PPT Lifeguard

Gail Bailey, PPT Cashier

Deleava Brooks, PPT Cashier

Parks Support Staff

B. J. Brooks, Interim Superintendent

Christopher Williams, Interim Deputy Supt.

Michele Finnegan, Interim Operations Director

Kathy Whitman, Aquatics Manager

Patsy Siegismund, Senior Aquatics Coordinator

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Fundraiser Opportunity

Here's how it works: Every time you shop at the Ballard Market, please save your receipts. The next time you visit the Ballard Pool, please turn them into the white mailbox located in our lobby. The Ballard Pool will total them, subtract the sales tax, and then submit them to Ballard Market. Then we get a check for 1% of the total pre-tax dollars spent! It's that simple!

Your support for this program has helped raise money for new pool equipment such as fitness wave webs, kickboards and tot toys. Thank you!

Aquatic Mission Statement

To offer aquatic opportunities for fun, learning, fitness, skill development, and physical rehabilitation in a safe, clean, friendly environment.

Register online!

E-Brochures are available! In keeping with our environmental stewardship policies, we are trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our courses online.

How to Register for Swimming Lessons

Spring

Online registration begins March 14. Walk-in and phone-in registration begin at 11 a.m.

Summer

Online registration begins April 16. Walk-in and phone-in registration begin at 1 p.m.

Phone-in registration. Call any Seattle Parks Department pool and register by phone.

Please note - you must know your child's level of swimming before registering. A free pre-test can be done during any public or family swim. A very beginner, ages 4 & 5, is always a Kinder 1, age 6-14 is always a Youth Level 1 (no need to pre-test).

Private Lesson Registration

Spring Registration begins Thurs., March 15 at 6 p.m. (walk-in) or 7 p.m. (phone-in).

Summer Registration begins Thurs., May 17 at 6 p.m. (walk-in) or 7 p.m. (phone-in).

Metro Bus Service #15

Register online at www.seattle.gov/parks or by phone at (206) 684-4094.

Fees

Individual Fees

Under 1 year	Free
Youth (1-18)	\$2.75
Adult (19-64)	\$3.75
Senior (65+)	\$2.75
Special Pops	\$2.75

Adult F.A.S.T. Pass* **\$45**

Sr./Youth/Spec. Pops F.A.S.T. Pass* **\$35**

Recreation Punch Card \$20 for a \$22/value

Fitness Punch Card \$30 for a \$33/value

Slide \$1

Shower Only \$3.75

Towel Rental \$.50

Hydro-Fit & Aqua Jogging

Equipment Rental \$1.50

Water Exercise, Hydrofit,

Aqua Jogging & Masters:

Adults \$4.75

Senior/Spec. Pops \$3

Equipment rental fee is included for classes

***The F.A.S.T. Pass (Fitness Aerobic Swim Ticket)** is an unlimited personal 30 day pass that allows you access to all fitness and recreational swim programs, sauna, and pool weight machine. It's good at any City pool! It's the best value for your buck!

Merchandise

Latex Caps \$3.25

Silicone Caps \$8

Bubble Caps \$8

Classic/Animal Goggles \$6

Anti-Fog Goggles \$12

Force Gloves \$15

Swim Diapers \$1.50

Ear Plugs w/drops \$6.50

Ear Plugs \$3.50

Nose Clips \$2

Shampoo/Conditioner

Swimwear Wash \$7.50 each

Fees and Charges:

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

Credit Cards Accepted:

If you would like to register online or pay for a class with a credit card, Visa, MasterCard, and American Express are welcome at all of our facilities.

Taxes:

Class and program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the state legislature of Washington.

Non-Discrimination Policy:

As a matter of policy, law and commitment, the Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap. (Seattle Municipal Code 18.12.280).

ADA Compliance:

Reasonable accommodation will be made, upon request, for persons with disabilities. Ballard Pool is wheel chair accessible and is equipped with a

mechanical lift to provide assistance for those who need help getting in and out of the water. A family changing room is available for families or for those who need assistance from someone of the opposite gender. For sign language interpretation, auxiliary aids or other accommodation, call V/TDD 684-4950.

Refund Policy:

It is the policy of the Seattle Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series, the pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. If a participant drops a class or program after the second session of a series, no refund will be given. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

Scholarships:

Seattle Parks and Recreation encourages participation by low-income Seattle residents. Scholarships or low-income rates are available for some youth instructional programs. Scholarships are limited to specific programs and are granted based on financial need. Information needs to be updated every six months. For further information, please call us at 206-684-4094.

Daily Swim Schedule

Monday & Wednesday

6 - 7:30 a.m.* Early Morning Lap Swim
 7:45 - 10 a.m. Summer Swim League (Summer only)
 10 - 11 a.m. Kinder & Youth Lessons (Summer only)
 11:10 - 11:55 a.m. Water Exercise
 noon - 1:15 p.m. Adult & Senior Swim
 1:30 - 2:30 p.m. 3-Lane Lap/Pool Playland (Spring only)
 1:25 - 2:25 p.m. Lap Swim (Summer only)
 2:30 - 3:30 p.m. Public Swim (Summer only)
 3:45 - 6 p.m. Salmon Bay Aquatics (Mon. only)
 4:30 - 5 p.m. Kinder & Youth Lessons (Wed. & Spring only)
 4:30 - 5:30 p.m. After school Swim Team (Spring only)
 5 - 6 p.m. Public Swim (Wed. only)
 6 - 7:30 p.m. Swim Lessons
 7:30 - 8 p.m. Private Lessons
 7:30 - 8:30 p.m. Masters Workout
 8 - 8:30 p.m. Private Lessons (Mon. or Wed.)
 8:30 - 9:30 p.m. Adult & Senior Swim

Shower Only

You can take just a shower at the Ballard Pool for \$3.75. Our family changing rooms are reserved for this purpose. **Sorry, public showers are not available during lesson times.** The family changing rooms are available (see below).

Mon. - Thurs.

11 a.m. - 5 p.m., 8 - 9 p.m.

Friday

11 a.m. - 6 p.m., 7 - 8 p.m.

Saturday

Not Available

Sunday

10:30 a.m. - 2:30 p.m., 5 - 7 p.m.

Friday

6 - 7:30 a.m.* Early Morning Lap Swim
 7:45 - 10 a.m. Summer Swim League (Summer only)
 10 - 11 a.m. Kinder & Youth Lessons (Summer only)
 11:10 - 11:55 a.m. Water Exercise
 noon - 1:15 p.m. Adult & Senior Swim
 1:30 - 2:30 p.m. 3-Lane Lap & Public Swim (Spring only)
 1:25 - 2:25 p.m. Lap Swim (Summer only)
 2:30 - 3:30 p.m. Public Swim (Summer only)
 4:30 - 5:30 p.m. After school Swim Team (Spring only)
 3:30 - 5:30 p.m. Salmon Bay Aquatics
 5:30 - 6:30 p.m. Lap Swim
 6:30 - 7 p.m. Kinder & Youth Lessons
 7 - 8 p.m. Public Swim

Saturday (Lessons Only)

10 - noon Swim Lessons
 noon - 1 p.m. Water Polo (Spring only)
 1 - 9 p.m. Private Rentals are available

Tuesday & Thursday

6 - 7:30 a.m.* Early Morning Lap Swim
 7:45 - 10 a.m. Summer Swim League (Summer only)
 10 - 11 a.m. Kinder & Youth Lessons (Summer only)
 11 - 11:30 a.m. Water Walking Stretch & Flex (Summer only)
 11 - noon Swim Lessons
 11:10 - 11:55 a.m. Aqua Jogging
 noon - 1:15 p.m. Adult & Senior Swim
 1:30 - 2:30 p.m. 3-Lane Lap Swim (Spring only)**
 1:30 - 2:30 p.m. Homeschool Kid Swim (Spring only)**
 1:25 - 2:25 p.m. Lap Swim (Summer only)
 2:30 - 3:30 p.m. Public Swim (Summer only)
 2:30 - 3 p.m. Water Walking Stretch & Flex (Spring only)
 3:30 - 5:30 p.m. Salmon Bay Aquatics
 5:30 - 6:30 p.m. Diving II (Thurs. only) NEW TIME
 5:30 - 7:30 p.m. Swim Lessons
 6:30 - 7:30 p.m. Advanced Diving (Thurs. only)
 7:30 - 8:30 p.m. Family Swim (Tues. only)
 7:30 - 8:30 p.m. Lap Swim (Thurs. only)
 8:30 - 9:30 p.m. Water Exercise
 8:40 - 9:25 p.m. Hydrofit

Sunday

10:30 - 11:30 a.m. Masters Workout
 11:30 a.m. - 1 p.m. 4-Lane Lap Swim
 1 - 2 p.m. Water Exercise
 1:10 - 1:55 p.m. Hydrofit
 2 - 3 p.m. Public Swim
 3 - 4 p.m. Synchronized Swimming (Spring only)
 3 - 4:30 p.m. Swim Lessons
 3 - 3:45 p.m. Diving I NEW TIME
 4 - 4:30 p.m. Kinder Diving NEW TIME
 4:30 - 5:30 p.m. Family Swim
 5:30 - 7 p.m. Adult & Senior Swim

* Admission to Early Morning Lap Swim is by exact change, check, Recreation Punch card, or FAST pass only.
 ** Program cancelled April 10 & 12, 2007 from 1:30 - 2:30 p.m. due to Spring Break.

After School Swim Team

Please see page 8 for more information!

Float tests are required for small craft programs and can be conducted at any public or family swim. Photo ID is required. Admission fees apply.

Recreation & Fitness Descriptions

Adult & Senior Swim

We provide three lap lanes in the afternoon and four lap lanes in the evening for swimmers interested in conditioning. An open area is available for non-lap swimming activities.

Mon. - Fri.	noon - 1:15 p.m.
Mon. & Wed.	8:30 - 9:30 p.m.
Sunday	5:30 - 7:00 p.m.

Lap Swim

All six lanes are available for lap swimming, unless otherwise noted. Two are designated easy, two medium, one fast and one very fast. Please follow the lap courtesy rules provided in the pool deck area. *Admission to Early Morning Lap Swim is by exact change, check, Recreation Punch card, or FAST pass only.

Mon. - Fri.*	6 - 7:30 a.m.	(6 lanes)
Mon. - Fri.	1:30 - 2:30 p.m.*	(3 lanes)
(No program 4/10 and 4/12)		
Mon. - Fri.	1:25-2:25 p.m. **	(6 lanes)
Thursday	7:30 - 8:30 p.m.	(6 lanes)
Friday	5:30 - 6:30 p.m.	(6 lanes)
Sunday	11:30 a.m. - 1:00 p.m.	(4 lanes)

Family Swim

Children must be accompanied by an adult (age 18 and older) family member in the water at a one adult to a maximum of 6 youths ratio and at a one adult to one child ratio if the child is under 4 ft tall. This is a good time to bring young children and small float toys.

Tuesday	7:30 - 8:30 p.m.
Sunday	4:30 - 5:30 p.m.

Water Walking Stretch and Flex

This class is designed to increase and maintain movement and stability. Work on low level strengthening, water walking, and low level toning - move to the hot pool to complete the stretch and flex session. Special Discount Program: \$2 per class

Tues., Thurs.*	2:30 - 3 p.m.
Tues., Thurs.**	11 - 11:30 a.m.

Summer Hot Pool Happy Hour

Come and enjoy the hot pool jets for relaxation or low key family time together in a wading pool setting. Special discount \$2 Fee. Sorry, there is no access to big pool at this time.

Monday - Friday**	10 - 11 a.m.
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Homeschool Kids Swim

Half the pool is open for PE time. The diving board, laps, and hot tub are available. **Spring only.**

Thursday*	\$2/child	1:30 - 2:30 p.m.
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Playland & Happy Hot Tub Time

This is a perfect time for play dates. Half of the pool is available for swimming and the diving board is open. The hot tub is available for occasional fun play time. **Spring only.**

Mon. & Wed.*	1:30 - 2:30 p.m.
\$2.75/child, \$3.75/adult	

Public Swim

Everyone

Children must meet the minimum height requirement of four feet tall or be accompanied in the pool by an adult on a one to one ratio.

Mon. - Fri.	2:30 - 3:30 p.m.**
Wednesday	5 - 6 p.m.
Friday	7 - 8 p.m.
Sunday	2 - 3 p.m.

Youth Appreciation Week Swims!

Additional public swims during Spring break

Tues., 4/10 and Thurs., 4/12	1:30 - 2:30 p.m.
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Water Exercise

Drop in class

This one-hour program is designed to tone up muscles and keep you fit. We emphasis flexibility and range of motion. This class is taught in the shallow end of the pool.

Mon., Wed., Fri.	11:10 - 11:55 a.m.
Tues. & Thurs.	8:30 - 9:30 p.m.
Sunday	1 - 2 p.m.

Hydrofit

Drop in class

This exercise program is a deep-water class that uses flotation equipment for increased resistance. It's great for toning and strengthening.

Tues. & Thurs.	8:40 - 9:25 p.m.
Sunday	1:10 - 1:55 p.m.

Aqua Jogging

Drop in class

A great workout in deep water with no impact. All participants wear a float belt for alignment and flotation support.

Tues. & Thurs.	11:10 - 11:55 a.m.
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National Aquatic Week May 13 - 18

All exercise classes are 2 for 1 pricing.

Masters Workout!

Are you interested in improving your lap swimming ability in an adult workout setting? This will be a coached one hour fitness workout for swimmers who are ages 18 and older. You must be comfortable swimming the length of the pool. Follow the drills and coaching sets and see your swimming improve weekly! Drop-in program.

\$4.75	Buy a Fitness Card for extra savings!
Mon. & Wed.	7:30 - 8:30 p.m.
Sundays	10:30 - 11:30 a.m.

REMEMBER *Spring only
**Summer only

Lessons & Registration

Spring Dates

		# Lessons	Fee	3 y/o Fee
Monday & Wednesday Classes (*no class 5/28)				
Session I	4/2 - 5/2	10	\$50	N/A
Session II	5/7 - 6/13	11	\$55	N/A
Tuesday & Thursday Classes				
Session I	4/3 - 5/3	10	\$50	N/A
Session II	5/8 - 6/14	12	\$60	N/A
Monday Only Classes (*no class 5/28)				
	4/2 - 6/11	10	\$50	\$80
Tuesday Only Classes				
	4/3 - 6/12	11	\$55	\$88
Wednesday Only Classes				
	4/4 - 6/13	11	\$55	\$88
Thursday Only Classes				
	4/5 - 6/14	11	\$55	\$88
Friday Only Classes				
	4/6 - 6/15	11	\$55	\$88
Saturday Only Classes (*no class 4/21)				
	4/7 - 6/16	10	\$50	\$80
Sunday Only Classes				
	4/8 - 6/17	11	\$55	\$88

Class Fees Based on:

3 Year Old classes:	\$8/class
Tot/Kinder/Youth/Group Lessons	\$5/class
Water Polo	\$5/class
Diving/Synchronized Swimming	\$5 - \$10/class
See page 7 for class descriptions and more details.	



Water Polo

10 - 18 years

- Learn the basics of this fast moving, exciting sport.
- You'll learn throwing, catching, shooting the ball, rotary kick, game strategies, and scrimmages.
- Participants must be swimming level 5 or above.

Saturdays	noon - 1 p.m.
4/7 - 6/16	Spring only \$50

Summer Dates

		# Lessons	Fee	3 y/o Fee
Monday & Wednesday Classes (*no class 7/4)				
Session I	6/25 - 7/25	9	\$45	N/A
Session II	7/30 - 8/29	10	\$50	N/A
Tuesday & Thursday Classes				
Session I	6/26 - 7/26	10	\$50	N/A
Session II	7/31 - 8/30	10	\$50	N/A
Tues., Wed., Thurs. Classes (*no class 7/4)				
Session I	6/26 - 7/12	8	\$40	N/A
Session II	7/17 - 8/2	9	\$45	N/A
Session III	8/7 - 8/23	9	\$45	N/A
Monday Only Classes				
	6/25 - 8/27	10	\$50	\$80
Tuesday Only Classes				
	6/26 - 8/28	10	\$50	\$80
Wednesday Only Classes (*no class 7/4)				
	6/27 - 8/29	9	\$45	\$72
Thursday Only Classes				
	6/28 - 8/30	10	\$50	\$80
Friday Only Classes				
	6/29 - 8/31	10	\$50	\$80
Saturday Only Classes				
	6/30 - 8/25	9	\$45	\$72
Sunday Only Classes				
	7/1 - 8/26	9	\$45	\$72

Springboard Diving

*Must be swimming Youth or Kinder Level 4, Kinder or higher and very confident in deep water.

- This diving class is designed to teach strong safety habits and basic diving skills.
- Each skill builds on previously learned material.
- We strongly recommend regular attendance.
- This course is highly organized, with an emphasis on fun.
- A sample of dives taught: forward and back approaches and take-offs, forward and back dives, inward dives, and other similar foundation skills.

		Spring	Summer
Diving I			
Sunday	3 - 3:45 p.m.	\$82.50	\$67.50
Diving II			
Thursday	5:30 - 6:30 p.m.	\$110	\$100
Kinder			
Sunday	4 - 4:30 p.m.	\$55	\$45
Adv. Diving*			
Thursday	6:30 - 7:30 p.m.	\$110	\$100

*Must be pre-approved by Diving Instructor.

Synchronized Swimming

7 - 14 years

- Learn the basics of this graceful aquatic sport.
- Professional synchronized swimming instructors from Seattle Synchro will coach.
- Participants must be swimming level 4 or above.

Sundays		3 - 4 p.m.
Spring I	4/8 - 5/13	\$60
Spring II	5/20 - 6/17	\$50

Classes will schedule a demonstration show at the end of each quarter.

Lesson Descriptions

Tot Lessons

6 months thru 3 years

This is a water adjustment class for infants and toddlers. Parents accompany their children into the water for enjoyment, fun, and education. Swim diapers are required.

Sunday	3 - 3:30 p.m.
Tues. OR Thurs.	7 - 7:30 p.m.
Thursday	11:30 - noon
Saturday	11:30 - noon

Three Year Old Lessons

3 years

This is a small class of three years olds. It's designed to prepare them to enter Kinder Swim Lessons. \$8/class. (Once a child is 4 years old, he or she needs to register for K1 on an availability basis.)

Sunday	3 - 3:30 p.m.
Mon. OR Wed.	6:30 - 7 p.m.
	7 - 7:30 p.m.
Tuesday	11:30 - noon
Tues., Wed. OR Thurs.	10 - 10:30 a.m.**
Tues. OR Thurs.	5:30 - 6 p.m.
	6 - 6:30 p.m.
	6:30 - 7 p.m.
Saturday	10 - 10:30 a.m.
	10:30 - 11 a.m.,
	11 - 11:30 a.m.
	11:30 - noon

Friday Evening Swim Lessons

Kinders 1, 2, 3 & Youth Levels 1, 2, 3, 4

Friday	6:30 - 7 p.m.
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Kinder Lessons

4 - 5 years

These lessons teach the basic skills of swimming and water safety. Children learn mostly by imitation and by responding to certain stimuli. Swim lessons are meant to be fun and educational.

Sunday	3:30 - 4 p.m. K1-4
Mon. & Wed.	6 - 6:30 p.m. K1-4
Monday	7 - 7:30 p.m. K1-4
Wednesday	4:30 - 5 p.m. K1-3*
Tues. & Thurs.	11 - 11:30 a.m. K1-2*
	5:30 - 6 p.m. K1-4
Tues., Wed., & Thurs.	10 - 10:30 a.m. K1-4**
Tuesday	6:30 - 7 p.m. K1-3
Thursday	6:30 - 7 p.m. K1-4
Friday	6:30 - 7 p.m. K1-3
Saturday	10:30 - 11 a.m. K1-4

Special Population Lessons

These are small individualized or mainstream classes for patrons who have special needs. Register at the pool. Please call 684-4094 for info.

Tues. OR Thurs.	6 - 6:30 p.m.
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Youth Lessons

6 - 14 years

These lessons follow the American Red Cross format for a series of classes Levels 1 - 6. New participants must be "pre-tested" to establish what level to attend. Please see "How to Register" on page 6.

Sunday	4 - 4:30 p.m. L1-5
Mon. & Wed.	6 - 6:30 p.m. L5-6
	6:30 - 7 p.m. L1-4
Wednesday	4:30 - 5 p.m. L1-3*
	7 - 7:30 p.m. L1-5
Tuesday	6:30 - 7 p.m. L1-3
Tues. & Thurs.	6 - 6:30 p.m. L1-4
Tues. OR Thurs.	7 - 7:30 p.m. L5-6
Tues., Wed. & Thurs.	10:30 - 11 a.m. L1-3**
Fridays	6:30 - 7 p.m. L1-4
Saturday	10 - 10:30 a.m. L5-6
	11 - 11:30 a.m. L1-4

Private Lessons

All Ages

Enjoy personalized attention for faster progress. \$25/half hour, or \$35/half hour for semi-private lessons. Registration is required. Sorry, we cannot issue refunds or re-schedule. Please see page 2 for registration information.

Sunday	3 - 3:30 p.m.
	3:30 - 4 p.m.
Mon. OR Wed.	7:30 - 8 p.m.
	8 - 8:30 p.m.
Mon. - Thurs.	7 - 7:30 p.m.
Mon. - Fri.	2:30 - 3 p.m.*
Saturday	11 - 11:30 a.m.
	11:30 - noon

Pre-Competition

Drop In

These sessions are for youths Level 5 or higher. Learn advance swim stroke techniques, turns, and racing starts. \$5/class.

Saturday	10 - 10:30 p.m.
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Beginning Adult Lessons

This is a once a week class for the student who has little or no experience swimming. Classes will be tailored to meet the individual's needs. We encourage students to practice the skills learned throughout the week.

Saturday	10 - 10:30 a.m.
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Intermediate Adult

This class is for the student who has some skills swimming but would like to improve or refine these skills. We will teach all major strokes and we encourage students to practice skills learned throughout the week.

Saturday	10 - 10:30 a.m.
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Attention: Advanced Adult Swimmers

Please try our Master's "drop-in" program Mon. & Wed. 7:30 - 8:30 p.m., Sundays 10:30 - 11:30 a.m.. See page 5 for details!

REMEMBER *Spring only
**Summer only

Special Events

April Pool's Day

**Saturday, April 21
10 - noon**

Join us for a Free Safety Program and Public Swim!!! Let's have a safe and fun time in the water this Spring and Summer.

- boating safety skit
- hands-on water safety skills during a public swim
- whale's tales video on water safety
- refreshments and a water safety coloring book

Diving Novice Invitational

**Saturday, August 18
12:30 - 4 p.m.**

All beginner divers, here's your chance to attend a low-key competition and to show-off all that you are learning. Prizes and awards!

Register on or before August 11 \$10
Register after August 11 \$15

Rent the Ballard Pool for your next party!

Fun, Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa - and rent the lobby to continue the party!! Private rentals of the Ballard Pool are available every Saturday afternoon or evening. Party prices begin at \$165 for one-hour of pool time. You can use the diving board, rope swing, hot pool, noodles & floats! All kids must pass the swim test to go to the deep end. The lobby area available for an additional charge. Please call 206-684-4094 to request your party date.

Spring times: 1 - 3 p.m., 2 - 4 p.m., 3 - 5 p.m., 4:30 - 6:30 p.m., 5:30 - 7:30 p.m., 6:30 - 8:30 p.m.

Summer times: 1 - 3 p.m., 2 - 4 p.m.

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active plays areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

National Aquatics Week

May 13 - 18 at Ballard Pool

All exercise classes are 2 for 1 pricing. Bring a friend for free! (Please see page 5 for exercise classes days & times)

School's Out for Summer Swim

**Friday, June 22
7 - 8 p.m.**

All kids swim for free.

Synchronized Swimming Camp

If you like being under water, spinning around and learning new tricks, you'll love learning what it's like to do synchronized swimming! Even boys can take this "introductory" class and find out how much strength, skill, and endurance it takes to do this sport. Prerequisites are a swimming level of 4 or above and the ability to tread water for 30 seconds.

8/6 - 8/10 Ages 7 and older 8 - 10 a.m. \$40

Diving Camp

This diving camp is designed to teach strong safety habits and basic diving skills. The techniques and curriculum have been developed from the finest training facilities in the country. The instructor, David Dawson, has 30 years' experience and he continues to find new and interesting ways to teach this challenging yet fun sport. Each candidate must be confident in deep water and with head-first entries. Students will be invited to take the skills they learn and participate in exposition of their hard work at the end of the week.

8/13 - 8/17 Ages 6 and older 8 - 10 a.m. \$40

Water Polo Camp

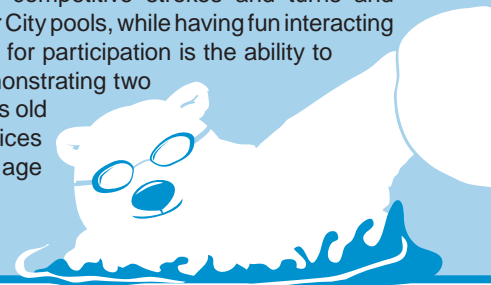
Learn and play the exciting game of water polo! You'll learn throwing, passing, shooting, teamwork, and game strategies. There may even be some real game play between the swimmers! Prerequisites are a swimming level of 5 or above and the ability to tread water for at least one minute.

8/21 - 8/25 Ages 10 and older 8 - 10 a.m. \$40

Summer Swim League

This is a low level competitive swim team geared for youths 7-17 years of age. Swimmers learn various competitive strokes and turns and participate in swim meets with other City pools, while having fun interacting with other swimmers. Prerequisite for participation is the ability to swim two lengths of the pool, demonstrating two strokes. Swimmers must be 7 years old by the first day of practice. Practices are Monday - Friday mornings, age group times will be determined.

Cost: \$100 (including a t-shirt)



Swim Team

In this program kids will experience:

**Club Swimming • Water Safety* • Personal Achievement
Sportsmanship • Team Building • Stroke improvement**

Call now at (206) 362-3277, space is limited. Try one month and see if you love it! Participants who want to continue will need to join USA Swimming for a \$58 per year. Youth must be able to swim at least 25 yards demonstrating two different strokes. ***Wednesday lessons are ½ hour laps, ½ dry land or water safety fun.**

Ages 6 and older \$60/month
Mon., Wed.* & Fri. (Spring only) 4:30 - 5:30 p.m.

Seattle Parks and Recreation enthusiastically endorses this Salmon Bay Aquatic program. This is a high quality, affordable, and accessible opportunity for youth to swim competitively.

